

TWENTY-SECOND YEAR

PHOENIX, ARIZONA, SATURDAY MORNING, APRIL 27, 1912.

VOL. XXII. NO. 341.

SOME HINTS  
FOR THE FAT**Best and Safest Weight Reducer is Not Medicine But Regular Alternate Use of Alkaline and Acid Water**

Because fleshy people, as a rule, are great water drinkers, it has led to the erroneous idea that the drinking of much water produces fat. Water is simply a conveyor, an aid to the blood in the distribution of the nutritive particles of food. Fleshy people seldom suffer with neuralgia or other nervous diseases while, on the other hand, thin, spare, anemic persons drink very little or no water, in consequence of which they are not strangers to neuralgia, headaches and pains of various kinds. When the nerves are deprived of sufficient moisture and nourishment they cry aloud, and their cry we call pain. When the blood, which of itself is 75 parts of water, is not sufficiently replenished by the drinking of enough liquids for the body's welfare, it draws upon the supply of food which the nerves themselves require.

The body is 70 per cent water. The average man contains more than a half barrel of water. This water, in the form of some twenty different fluids, is constantly fluctuating back and forth among the tissues greatly accelerating the action of the skin and kidneys. If there is any deficiency then this work will necessarily suffer. It is only when the supply of water is sufficient that the excretions of the body can be properly carried off.

**Water Takes Off Two Pounds a Week.**

Instead of water making one fleshy it will, in the right kind, properly taken, reduce a fleshy person about two pounds a week. This plan is as simple as it is effective. Drink a glass of Kissengen water twenty or thirty minutes after each of the three regular meals one day; then, on the day following drink a large glass of Vichy water after each of the three meals (this is presuming that you have not formed the habit of the two-meal-a-day plan). Continue this week after week until you obtain the desired result; then discontinue. It is useless to take either of these waters, as they act only when both are taken alternately. Kissengen is an acidulous saline, and Vichy an alkaline. The weight should be reduced about two pounds a week. If more than two pounds, drink less each time; if less than two pounds, increase the acidity of the Kissengen by a few teaspoonfuls of lemon juice, and increase the alkalinity of the Vichy by ten to fifteen drops of the aromatic spirits of ammonia—this to each glass of water. Where the waters are not available, the use of the effervescent tablets of Vichy and Kissengen or the granular effervescent salts of each may be used instead. This prescription has been thoroughly tested and its efficacy proved when the writer was editing the health department of the Ladies' Home Journal.

**Results Attained.**

Both Dr. Cathell and his father of Baltimore, Md., made tests of this obesity cure by the water route some years ago. Herewith find a few of the cases reported:

One person 216 pounds to 289 pounds in 11 weeks.

One person 223 pounds to 189 pounds in 19 weeks.

One person 191 pounds to 173 pounds in 14 weeks.

One person 173 pounds to 151 pounds in 12 weeks.

One person 286½ pounds to 264 pounds in 12 weeks.

One person 173 pounds to 168 pounds in seven weeks.

One person 145 pounds to 142 pounds in five weeks.

One person 183 pounds to 174 pounds in six weeks.

One person 173½ pounds to 160½ pounds in 11 weeks.

One person 211 pounds to 196 pounds in 3½ weeks.

It will be seen how different the result in different persons, for which various reasons might be given.

A person in normal flesh has as much blood and usually better blood than a similar person whose weight has been ever so much increased by fat. Kissengen and Vichy act directly on the fat and not on the blood, the glands or the bowels.

The fat man or woman has small chance in case of an attack of pneumonia, because the organs of respiration in the obese are always weakened. Thus the fat person is in reality in greater danger than the thin person. The presence of fat does not and cannot mean health. One may have a remarkably strong constitution and may successfully combat disease year after year, even though burdened with obesity—but that is no argument in favor of obesity; for as has been previously stated elsewhere—no obese person dies of old age—old age as the writer understands it is 100 years. The natural and proper loss of his superabundance of flesh would mean greater chances of health and more pronounced bodily resistance. One rule should always be observed by those who wish to reduce in weight, always have the stomach empty at night when you retire so that nature can use some of the surplus for fuel for the ceaseless wear and tear

ENGINEER HAS  
FINISHED MAP**Notable Piece of Work Relating to the Miami Copper Belt Has Just Been Completed by the Geological Survey**

The engraving of the new Government topographic map of the Miami copper belt has just been completed by the United States Geological Survey at Washington, and the map is available for distribution. This map represents by far the most complete survey ever made of this section of the State. It shows so clearly every physical feature of the country covered that the character of any part shapes and areas of the hills and valleys can be seen at a glance. The elevation of any particular point in the entire area can be easily determined. This relief of the country is graphically shown by means of brown contour lines, each one of which represents a certain elevation above the sea—that is, the traveler following the course shown by one of these contour lines will go neither uphill nor downhill, but on a level. The elevation indicated by every fifth line is shown by figures on the map, and it is interesting to determine the heights of different points, by simply counting the contours up or down from one of the marked lines. It is easy to understand how such a map is prime value to the engineer who may be laying out a railroad or trolley route, a highway, a drainage or irrigation system—in fact, any piece of engineering work. The water features of the quadrangle—blue, with the same exactness of outline as the land features. In addition to the topography, the map shows, in black, all the works of man—roads, principal bridges, towns, houses, etc.

The topographic mapping done by the Geological Survey represents the highest type of geographic work, and the maps show substantially everything as it is on the ground at the time of survey. In making the survey of this particular area, the topographers tramped over practically every portion of the quadrangle, hundreds of miles being thus covered. Permanent iron benchmarks, showing exact elevations, were also set at various points in the quadrangle. The location of these marks is indicated accurately on the map, and they can be used for all time as the basis for any further elevation surveys desired. This sort of map making is a very different undertaking from that of constructing an average geographical map, which is generally a matter of mere approximation and com-

pilation. Everything on the Geological Survey topographic sheet is exact and true to nature.

This sheet forms but one small section of the great topographic atlas or map of the United States which the Geological Survey is making, and which will be the largest and yet most detailed map in the world. Already nearly nineteen hundred of these sheets have been completed, covering over a third of the country.

In some parts of the country much of the work is carried through rough and almost impassable areas, with dense forests, insurmountable precipices, or deep morasses. Hundreds of temporary camps are made during each field season, at altitudes ranging from above snow line to below sea level. All this work is followed by an enormous amount of office drafting, and the task is finally completed in examples of copper plate engraving and lithographic printing second to no others in the world.

The cost to the Government of these quadrangle surveys, for both field and office work, ranges from \$2,500 to \$5,000 each, but the maps are sold at only the nominal cost of paper and printing—5 cents a copy or \$3 a hundred.

The Geological Survey will furnish without charge index sheets showing all the topographic maps which it has published.

## INSANITY IS RICHESON PLEA

BOSTON, April 26.—Insanity of an unusual kind was described by a list at the hearing before Governor Foss today, and the disordered state of mind will be the basis of the plea for the commutation of the death sentence passed on the Rev. Clarence V. T. Richeson to life imprisonment. At the hearing today a volume of evidence relating to Richeson's family history, which Attorney John L. Lee of Virginia has been collecting for weeks, was augmented by the testimony of mental experts who have been watching Richeson in his cell at the Charles street jail. The self-confessed slayer of Avis Linnell is sentenced to die in the electric chair on May 19 unless Governor Foss grants the plea for commutation of sentence.

## CHILD WARFARE EXHIBIT

ST. LOUIS, April 26.—What St. Louis and the state of Missouri are doing for the children through many lines of civic, institutional and individual effort is shown at the Child Warfare Exhibit opened today in the big Coliseum, to continue to May 19. Various sections of the big exhibit are devoted to health, education, homes, work and wages, recreation and amusement, social settlements, associations and clubs, churches, and municipal state and private philanthropy. Models, moving pictures and data are used to impress upon the public the lessons designed to be taught by the exhibition.

## NOTICE—DELINQUENT CORPORATE STOCK SALE.

Hayden Hill Gold Company, Principal Place of Business in Arizona, Room 1, Monihon Building, Phoenix, Arizona.

Notice is hereby given that there is delinquent on the following preferred stock of the above-named corporation, on account of a call levied thereon by resolution of its Board of Directors adopted on the 24th day of February, 1912, the several amounts set opposite the names of the respective shareholders as follows:

NAME	No. of Certificate	No. Shares	Amount Due
Ash, Isaac	228	100	\$ 2.00
Ackerman, H. I.	454	250	5.00
Brigham, M. E.	151	450	9.00
Brigham, M. E.	151	2750	55.00
Brigham, M. E.	243	500	10.00
Brigham, M. E.	244	500	10.00
Brigham, M. E.	245	500	10.00
Brigham, M. E.	246	500	10.00
Brigham, M. E.	247	500	10.00
Brigham, M. E.	248	500	10.00
Brigham, M. E.	251	500	10.00
Brigham, M. E.	252	500	10.00
Brigham, M. E.	253	500	10.00
Brigham, M. E.	254	500	10.00
Brigham, M. E.	255	500	10.00
Brigham, M. E.	256	500	10.00
Brigham, M. E.	257	500	10.00
Brigham, M. E.	258	500	10.00
Brigham, M. E.	259	500	10.00
Brigham, M. E.	264	500	10.00
Brigham, M. E.	265	500	10.00
Brigham, M. E.	266	500	10.00
Brigham, M. E.	267	500	10.00
Brigham, M. E.	268	500	10.00
Brigham, M. E.	269	500	10.00
Brigham, M. E.	270	500	10.00
Brigham, M. E.	271	500	10.00
Brigham, M. E.	272	500	10.00
Brigham, M. E.	283	1000	20.00
Brigham, M. E.	284	1000	20.00
Brigham, M. E.	285	1000	20.00
Brigham, M. E.	286	1000	20.00
Brigham, M. E.	287	1000	20.00
Brigham, M. E.	288	1000	20.00
Brigham, M. E.	295	2000	40.00
Brigham, M. E.	432	10000	200.00
Brigham, M. E.	433	10000	200.00
Bishop, Wm. M.	177	220	4.40
Briggs, Isaac	173	110	2.20
Bull, F. C.	500	10.00	10.00
Boyle, Michael	338	500	10.00
Boyle, Michael	340	500	10.00
Boyle, Michael	341	500	10.00
Boyle, Michael	342	500	10.00
Boyle, Michael	343	500	10.00
Boyle, Michael	344	500	10.00
Boyle, Michael	345	500	10.00
Boyle, Michael	346	500	10.00
Boyle, Michael	347	500	10.00
Boyle, Michael	348	500	10.00
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Boyle, Michael	382	500	10.00
Boyle, Michael	383	500	10.00
Boyle, Michael	384	500	10.00
Boyle, Michael	385	500	10.00
Boyle, Michael	386	500	10.00
Boyle, Michael	387	500	10.00
Boyle, Michael	388	500	10.00
Boyle, Michael	389	500	10.00
Boyle, Michael	390	500	10.00
Boyle, Michael	391	500	10.00
Boyle, Michael	392	500	10.00
Boyle, Michael	393	500	10.00
Boyle, Michael	394	500	10.00
Boyle, Michael	395	500	10.00
Boyle, Michael	396	500	10.00
Boyle, Michael	397	500	10.00
Boyle, Michael	398	500	10.00
Boyle, Michael	399	500	10.00
Boyle, Michael	400	500	10.00
Boyle, Michael	401	500	10.00

## H-U-B FIFTEEN

TRADE MARK  
OF SUITS  
THAT ARE**Correct in Cut Superior in Style**  
**Perfection in Fit and Finish**

The Best Dressed Men of Phoenix recognize "Hub Fifteen" as representing a special line of tailored suits made exclusively for this store. Every facility at our command has been used to produce a suit that will appeal to the most fastidious taste as well as the moderately filled purse.

The Result is a \$15 Suit of excellent workmanship, smart style and good quality. To overcome the prejudice of the man who hesitates to purchase a suit at such a low figure, we announce that in most instances we have used goods identical with the material put into suits sold elsewhere for \$20 and \$25.

This Means No Loss to Us, for we are creating a demand for "Hub Fifteen" on which time will pay the profit. The suits are in two and three-piece styles, in various patterns and shades of the following fabrics:

**Flannels :: Blue Serges**  
**Tropical Worsteds**

Boyle, Michael	412	500	10.00	Moulton, Laura T.	402	5000	100.00
Boyle, Michael	414	500	10.00	Moulton, Laura T.	403	5000	100.00
Boyle, Michael	415	500	10.00	McCaffrey, Eugene	232	220	4.40
Boyle, Michael	416	500	10.00	McFarlane, Anna	235	300	6.00
Boyle, Michael	421	1000	20.00	Neel, Bessie Shoch	158	1100	22.00
Boyle, Michael	476	220	4.40	Neel, Bessie Shoch	426	5000	100.00
Baker, Jessie R.	476	20000	400.00	Neel, Bessie Shoch	427	5000	100.00
Baker, Genevieve	281	1000	20.00	O'Keefe, John M.	277	500	10.00
Cusack, F. J.	281	3000	60.00	Otley, Wm. R.	453	2750	55.00
Crew, Dan F.	196	550	11.00	Paxson, Frank L.	229	500	10.00
Davis, Mary Bessie	196	550	11.00	Paxson, Frank L.	240	500	10.00
Davis, Henry C.	195	2750	55.00	Paxson, Frank L.	352	500	10.00
Dillon, Maurice R.	250	500	10.00	Raggio, Mary	221	550	11.00
Dillon, Maurice R.	434	200	4.00	Riley, J. J.	461	220	4.40
Dodds, John A.	226	100	2.00	Rudolph, Joseph A.	185	1100	22.00
Dodds, John A.	361	500	10.00	Russell, Belle K.	206	220	4.40
Dodds, John A.	189	220	4.40	Sullivan, E. M.	466	330	6.60
Dolan, Michael	183	220	4.40	Schroeder, Geo. H.	478	220	4.40
Eckman, Elizabeth	229	100	2.00	Shantz, W. H.	458	110	2.20
Eckman, Elizabeth	190	1100	22.00	Storey, J. H. R.	284	500	10.00
Eckman, Julia L.	182	6000	120.00	Storey, J. H. R.	374	1000	20.00
Eller, Madge C.	184	110	2.20	Storey, J. H. R.	279	100	2.00
Eller, Elizabeth	184	110	2.20	Storey, J. H. R.	382	100	2.00
Evans, Albert	164	1100	22.00	Storey, Mrs. J. H. R.	459	550	11.00
Evans, Samuel	163	2200	44.00	Sherer, Mrs. Lottie N.	149	550	11.00
Engle, H. S.	460	1100	22.00	Sweeney, Anthony	346	500	10.00
Edwards, A. J. (Agent)	161	20000	400.00	Sweeney, Anthony	347	500	10.00
Frick, Willis	169	800	16.00	Sweeney, Anthony	375	1000	20.00
Frey, Chester E.	204	110	2.20	Shoch, James R.	160	1100	22.00
Frulich, Chas. H.	471	17000	340.00	Shoch, James R.	279	1000	20.00
Hoyt, Thos. J.	472	20000	400.00	Shoch, James R.	280	1000	20.00
Hoyt, L. B.	473	6000	120.00	Shoch, James R.	284	2000	40.00
Hoyt, Julia B.	475	4000	80.00	Shoch, James R.	422	5000	100.00
Hoyt, Eliza B.	478	90000	1800.00	Shoch, James R.	423	5000	100.00
Hoyt, Harry R.	478	90000	1800.00	Shoch, James R.	425	5000	100.00
Holden, Eveline M.	425	1000	20.00	Shoch, Henry R.	157	7500	150.00
Hartley, Elmira S.	375	1000	20.00	Shoch, Henry R.	339	5000	100.00
Hadley, Oscar	116	500	10.00	Shoch, Henry R.	331	5000	100.00
Hadley, Oscar	117	100	2.00	Shoch, Henry R.	428	5000	100.00
Hadley, Oscar	469	1100	22.00	Shoch, Henry R.	439	5000	100.00
Holt, Thos. E.	118	500	10.00	Shoch, Henry R.	431	3400	68.00
Jones, H. Anna	119	500	10.00	Shoch, Nettie A.	159	1100	22.00
Kemmerle, J. C.	309	100	2.00	Shoch, Nettie A.	424	5000	100.00
Kemmerle, J. C.	326	100	2.00	Shoch, Nettie A.	425	5000	100.00
Kemmerle, J. C.	327	100	2.00	Scott, Estate of H. H.	170	1100	22.00
Kemmerle, J. C.	328	100	2.00	Tomby, Amanda	167	1100	22.00
Keller, J. E. M.	152	3410	68.20	Woertz, G. A.	304	100	2.00
Lowber, Wilbur W.	482	110	2.20	Woertz, G. A.	302	100	2.00
Lane, Anna E.	362	500	10.00	Woertz, G. A.	303	100	2.00
Manning, Geo. F.	116	550	11.00	Woertz, G. A.	304	100	2.00
Mazurke, Mrs. Jennie	291	2000	40.00	Woertz, G. A.	305	100	2.00
Monday, C. E.	291	2000	40.00	Woertz, G. A.	306	100	2.00
Monday, C. E.	292	2000	40.00	Woertz, G. A.	307	100	2.00
Monday, C. E.	293	2000	40.00	Woertz, G. A.	308	100	2.00
Monday, C. E.	297	3000	60.00	Woertz, G. A.	310	100	2.00
Monday, C. E.	299	100	2.00	Woertz, G. A.	311	100	2.00
Monday, C. E.	300	100	2.00	Wright, Harry S.	165	1100	22.00
Monday, C. E.	351	100	2.00	Wilder, J. R.	215	100	2.00
Monday, C. E.	389	100	2.00	Wilder, J. R.	216	100	2.00
Monday, C. E.	456	100	2.00	Wilder, J. R.	217	100	2.00
Morton, A. R.	201	1100	22.00	Wilder, J. R.	218	100	2.00
Mitler, J. T.	201	1100	22.00	Worden, Lycurgus	120	500	10.00
Mitler, J. T.	212	1100	22.00				
Mitler, J. T.	220	1100	22.00				
Mitler, Alice	322	100	2.00				
Mitler, Alice	323	100	2.00				
Mitler, Alice	383	100	2.00				
Mitler, Alice	384	100	2.00				
Mitler, Alice	385	100	2.00				
Mitler, Alice	395	100	2.00				
Mitler, Alice	396	100	2.00				
Mitler, Alice	426	100	2.00				
Mitler, Alice	435	3300	66.00				
Mitler, Alice	436	3300	66.00				
Moulton, Laura T.	181	5500	110.00				
Moulton, Laura T.	399	5000	100.00				
Moulton, Laura T.	400	5000	100.00				
Moulton, Laura T.	401	5000	100.00				

And in accordance with law and said resolution of the Board of Directors of said corporation, made on the 24th day of February, 1912, so many shares of each parcel of stock as may be necessary will be sold at the office of the above-named corporation, Room 1, Monthon Building, in the City of Phoenix, Arizona, on Monday, the 6th day of May, 1912, at the hour of 2 p. m. of said day, (which day is the first legal business day after Sunday, the 5th day of May, 1912, provided for in said resolution), to pay the delinquent call thereon, together with costs of advertising and expense of sale.

J. ROYAL LEMON,  
Assistant Secretary of the Hayden Hill Gold Company, Office Room 1,  
Monthon Building, Phoenix, Arizona.